

24-Hour Food Recall Recording Instructions
[For Revised (10/01) 24-Hour Food Recall Form]

FOOD ITEMS AND DESCRIPTION (List all foods and beverages. List separately main ingredients in mixed dishes.)	AMOUNT EATEN	MEAL TYPE	FOOD ID NUMBER	AMOUNT EATEN (IN FOOD DICTIONARY UNITS)
100% bran cereal ^A	½ c ^B	1 ^C	256 ^D	0.50 ^E
low-fat 1% milk ^F	½ c ^G	1 ^H	775 ^I	4.0 ^J
				.

A. Sample Entry: 100% bran cereal.

B. The participant ate ½ cup.

In the **AMOUNT EATEN** box ½ c has been recorded.

C. The food was eaten in the morning.

In the **MEAL TYPE** box **1** has been recorded, meaning that the food was eaten in the morning.

D. In the ERS Food Dictionary, the Food ID Number for 100% bran cereal is number 256.

Number 256 has been recorded in the **FOOD ID NUMBER** box.

E. When foods are entered into the ERS computer system they are entered as **decimal numbers**, not fractions.

Before recording the amount eaten in the **AMOUNT EATEN (IN FOOD DICTIONARY UNITS)** box, ½ c must be converted to 0.50 c.

F. Sample Entry: low-fat 1% milk.

G. The participant had ½ cup.

In the **AMOUNT EATEN** box ½ c has been recorded.

H. The food was eaten in the morning.

In the **MEAL TYPE** box **1** has been recorded, meaning that the food was eaten in the morning.

I. In the ERS Food Dictionary, the Food ID Number for low-fat 1% milk is number 775.

Number 775 has been recorded in the **FOOD ID NUMBER** box.

J. When foods are entered into the ERS computer system they are entered as **decimal numbers**, not fractions.

Also, the unit of measure for milk in the ERS Food Dictionary is **fluid ounces**, not cups.

Before recording the amount eaten in the **AMOUNT EATEN (IN FOOD DICTIONARY UNITS)** box, ½ c of milk must be converted to 4.0 fl oz.